



‘WRAIR Forward’

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COMMANDER'S CORNER

Military scientists are often criticized for “oversimplifying” complex issues, even when the scientists themselves know that the issues are much more complex. This criticism though is really unfair. (Except, of course, in those cases where the scientist is using simplifications to hide behind poorly specified causal mechanisms and vague descriptions.) Simplifications should be viewed as “as if” assumptions that permit one to look at discrete phenomena while, for the moment, ignoring other important variables. Simplifications are not rebutted by showing that the real world is more complex, but rather by showing that the simplifications have no predictive or explanatory insights. Thus, the real test is whether the simplifications provide useful insights and empirically verifiable hypotheses. To the extent that they do, simplifications are an important part of the scientific process.

-MAJ Carl A. Castro

USAREUR Kosovo Soldier Study III

The USAREUR Soldier Study entered its final phase with the post-deployment data collection in March 2000. The study assessed 1st Infantry Division (1st ID) soldiers at pre-, mid-, and post-deployment to Kosovo. 1st ID soldiers completed the surveys for the post-deployment phase 1-2 months after returning from Kosovo.

Findings from the post-deployment include:

- Soldier morale was very high on deployment, and it was even higher at post-deployment.
- Soldier physical and psychological health improved following the Kosovo deployment.
- Soldiers who reported encountering more Kosovo Peacekeeping Experiences (e.g., Body Handling and Physical Devastation, Peacekeeping Patrol, and Threats to Self) reported more
 - physical symptoms,
 - scored higher on the post-traumatic stress scale,
 - used conflict-based tactics more often
 - reported more alcohol usethan soldiers who encountered fewer experiences.
- Positive interaction with Kosovo civilians and participation in community projects were associated with higher job satisfaction and increased desire to remain in the military.

Recent products from this research program include:

Adler, A. B., Dolan, C. A., Bienvenu, R. V., Huffman, A. H., & Castro, C. A. (2000, June). **USAREUR Soldier Study III: Kosovo Post-Deployment**. Presented to MG Hickerson,

DCSPER, USAREUR, BG Ursone, USAREUR Command Surgeon, and COL Hale, ODCSPER, USAREUR.

Castro, C. A., Bienvenu, R. V., Huffman, A. H., & Adler, A. B. (2000, June 25-30). Soldier dimensions and operational readiness in U.S. Army forces deployed to Kosovo. Presented at the **33rd Congress of International Military Medicine**, Helsinki, Finland.

Senior Leader Study

The unit has completed its data collection and initial analyses for the USAREUR Senior Leader Study. The



Senior leader wearing an actigraph monitor and bootstrike monitor.

purpose of the study was to determine the workload of senior leaders in the U.S. Army, Europe, and 7th Army, and relate the workload to wellbeing indicators. The study assessed twenty-one

senior leaders,

defined as commanders who served at the battalion level or higher and those officers in the rank of colonel and general officer who occupied key staff positions at the division level or higher. The study used multiple methods of assessment, including a survey instrument, interviews, and the actigraph monitor worn on the wrist to measure sleep and the bootstrike monitor to measure energy expenditure.

In this quarter, the unit conducted over ten outbriefings for senior leaders who participated in the study. The findings were published in the **Army AL&T** journal, and also presented at an international conference in Breda, The Netherlands.

Huffman, A. H., Adler, A. B., & Castro, C. A. (2000, May). Operational demands and wellbeing in Army senior leaders in Europe. Senior Leader Brief. **USAMRU-E Technical Brief**.

Castro, C. A., Adler, A. B., Huffman, A. H., & Belenky, G. (2000, May-June). Maintaining the health and well-being of senior leaders in the Army through medical research. **Army AL&T**, 12-13.

Castro, C. A., Adler, A. B., & Huffman, A. H. (2000, June 4-9). Senior leaders in the U.S. Army, Europe. Paper presented at **The Human in Command Conference**, Royal Military Academy, Breda, The Netherlands.

Assessing OPTEMPO in Kosovo

During the fourth data collection of the 2-year Operations Tempo and Personnel Tempo (OPTEMPO/PERSTEMPO) study, USAMRU-E assessed eight of the ten units in Garrison, one unit in a training exercise in Grafenwöhr, Germany, and one unit in Kosovo. An OPTEMPO/PERSTEMPO Human Dimensions Research Team deployed to Kosovo in May (MAJ Castro and CPT Bienvenu). As in all data collection missions, survey, interview and objective unit data were collected. The goal of the OPTEMPO study is to assess the impact of operations and personnel tempo on soldier and unit readiness.

2nd International Conference on Military Deployments

The unit is fast approaching the final weeks of preparation for its 2nd International Conference on Human Dimensions during Military Deployments, to be held 5-7 September in Heidelberg. The title of the conference is: “The Future of Warfare: Sustaining Military Performance in an Environment of High Operations Tempo.” We have roughly 90 participants from 20 NATO/PfP countries scheduled to participate. Our cultural program includes activities in the old city of Heidelberg on the Neckar.

Papers that examine the impact of workload on soldier health and performance are the centerpiece of the conference. We are interested in attracting military scientists from NATO/PfP nations. It is not too late for presenters to submit their abstract of 300-500 words by emailing it to: carl.castro@hbg.amedd.army.mil

Force Health Protection Program

As part of the Department of Army's Force Health Protection/Gulf War Illnesses Research Program, formerly referred to as the “Medical Surveillance” program, the USAMRU-E implemented a new re-deploying screening program for 1st Infantry Division (1st ID) soldiers deployed to Kosovo. A USAMRU-E team (Dr. Adler and CPL Calhoun) deployed to FYR of Macedonia in May at the request of the 1st ID Division Surgeon.

Other Force Health Protection initiatives included supporting the 1st Armored Division (1AD) in their efforts to screen soldiers preparing to deploy to Kosovo in June 2000. This command-based interest in the psychological screening program is a follow-up to the Bosnia screening program conducted from 1996-1999. The screening uses a survey and brief clinical interview to determine referral need and to provide commanders with an overview of the health and readiness of their forces.

Adler, A. B. (2000, May 25). Psychological screening for soldiers deployed to Kosovo and program development issues. Presented at the **Medical Service Corps Symposium**, Bad Kissingen.

Martinez, J. F. (2000, June 5). The physical and psychological status of soldiers in garrison compared to military personnel in Bosnia. **USAMRU-E Research Report #29**.

Huffman, A. H., Martinez, J. F., Castro, C. A., & Adler, A. B. (2000, June 25-30). Assessing psychological readiness in U.S. soldiers following NATO operations. Presented by Jack F. Martinez at the **33rd Congress of International Military Medicine**, Helsinki, Finland.

Exchange with International Scientists

LTC Toebbel, LTC Swanenberg, MAJ van der Kloet, and MAJ Bos-Bakx, Royal Dutch Army Behavioral Science Meeting, 26-27 April, Utrecht, The Netherlands (MAJ Castro and Dr. Adler).

S. J. D. Renwick, Ph.D., Clinical Psychology Dept., Catterick Garrison, North Yorkshire, 2-3 May 2000, in Heidelberg.

LTC Reinhard Mackewitsch, Ulrich vom Hagen, and Heiko Biehl, Sozialwissenschaftliches Institut der Bundeswehr (SOWI), 4-5 May 2000, in Heidelberg.

USAMRU-E Publications in Press

Bliese, P. D., & Castro, C. A. (in press). Role clarity, work overload and organisational support: Multilevel evidence of the importance of support. **Work and Stress**.

Castro, C. A. (in press). Primacy and recency effects. **Encyclopedia of Psychology and Neuroscience**.

STP G: A New Initiative

Major Castro was appointed coordinator of a new program designed to link USAMRU-E's and the WRAIR's research on OPTEMPO. The new funding initiative is entitled “STP G, Soldier and unit readiness decision support tools.”

Recent developments are the approval of a family protocol, and a STP G Steering committee meeting in July at the WRAIR (MAJ Castro and Dr. Adler).

Durand, D. B., & Castro, C. A. (2000, June). *The impact of operations tempo (OPTEMPO) on the military family*. WRAIR Protocol # 805.

Hail & Farewell

- Congratulations to Ms. Golembe on her promotion to GS-11, effective 9 April 2000.
- Ms. Terry Aaron, Ms. Paige West, and Mr. Clint Dorsey, research assistants, ended their contracts in May and June.
- Ms. Alexandra Hanson began her tenure as a research assistant on 1 May 2000.

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Commander, USAMRU-E

MAJ Carl A. Castro